



Community Supports for people with developmental disabilities

Information for Parents and Consumers

Respite Care Checklist

- ***Take your time.*** Choosing a provider is an important decision. They are there to provide services you want and need.
- ***Shop around.*** Visit more than one respite care provider. If you can, talk with people who have used them before. Shop for the provider you want.
- ***Listen to your feelings.*** Be sure you feel good about the provider.
- ***Be assertive.*** Ask all the questions you want to ask. Let the provider know what you expect and want.
- You may need homeowner's insurance when a provider is in your home, even if you are renting. Check with your insurance company to find out more information.

Qualifications, references, experiences

- Is the provider on a current list with the Regional ACCESS unit?
- Has the provider worked for someone else you can talk to?

- Ask them why they are qualified to work for you. Ask if they are familiar with your disability.

Other things to consider

- Are they willing to have a criminal history background check?
- Do they know First Aid and CPR? Are they certified?
- Do they look tired and overworked?
- How many other consumers does this provider serve?
- Do they have effective communication skills?
- How long have they been providing respite care?
- When did they last receive training? What type?
- Do they answer your questions?
- Are you treated with respect?

Do they listen to you?

- Are you allowed to visit for a period of time? On several occasions?
- Do they give you time to ask and answer questions for yourself?

Important things to think about

- The provider has references you can contact.
- If there is a problem, how does it get resolved?
- The provider does not criticize or offer negative comments of other service providers, agencies or people while talking to you.

Notes

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